

Whole Wheat Garlic Bread Sticks

Rating: ★★★★★

Makes: 6 servings

Ingredients

6 slices bread (100% whole wheat)
2 tablespoons olive oil
1/2 teaspoon garlic powder
1 Italian seasoning (as needed, to sprinkle on)

Directions

1. Spread each slice of bread with one teaspoon oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

Cornell University Cooperative Extension, Eat Smart New York!

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	13 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	150 mg	6%